

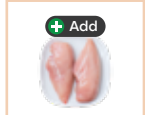


Carb Smart Loaded Bacon and Pepper Soup with DIY Croutons

Smart Meal 20 Minutes

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breasts **+ 2 | 4**



- Bacon Strips **100 g | 200 g**
- Ciabatta Roll **1 | 2**
- Sweet Bell Pepper **1 | 2**
- Corn Kernels **113 g | 226 g**
- Green Onion **1 | 2**
- Cheddar Cheese, shredded **¼ cup | ½ cup**
- Roasted Pepper Pesto **¼ cup | ½ cup**
- Cream Cheese **1 | 2**
- Vegetable Stock Powder **1 tbsp | 2 tbsp**
- All-Purpose Flour **1 tbsp | 2 tbsp**
- Garlic, cloves **1 | 2**

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Cook bacon

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Arrange **bacon** in an even layer on a parchment-lined baking sheet.
- Bake in the **middle** of the oven until crispy and cooked through, 12-14 min.**
- Using tongs, transfer **bacon** to a paper towel-lined plate.

2



Make croutons

- Meanwhile, cut **ciabatta** into 1-inch pieces.
- Toss ciabatta with **1 tbsp** (2 tbsp) **oil** on an unlined baking sheet. Season **salt** and **pepper**.
- Toast in the **bottom** of the oven until **croutons** are golden and crisp, 8-10 min.

3



Prep

- While the **croutons** bake, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**, keeping white and green parts separate.
- Peel, then mince or grate **garlic**.

4



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then stir until **butter** melts.
- Add **garlic**, **peppers**, **corn** and **green onion whites**. Cook, stirring occasionally, until **peppers** start to soften and **corn** begins to brown slightly, 3 min. Season with **salt** and **pepper**.
- Sprinkle **flour** over **veggies**. Cook, stirring often, until **veggies** are coated, 1 min.

5



Start soup

- Add **cream cheese**, **stock powder** and **1 ½ cups** (3 cups) **water**. Carefully whisk until **cream cheese** is well combined. Bring up to a simmer. Once simmering, stir occasionally, until **soup** thickens slightly, 2-3 min.
- Remove from heat, then stir in **roasted pepper pesto**. Season with **pepper**, to taste.

6



Finish and serve

- Crumble or cut **bacon** into bite-sized pieces. (**TIP:** Use kitchen shears to cut bacon with ease.)
- Divide **soup** between bowls. Top with **bacon** and **croutons**.
- Sprinkle with **cheese** and **green onion greens**.

3 | Prep and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**, then add to **soup**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook bacon to a minimum internal temperature of 71°C/160°F and chicken to a minimum internal temperature of 74°C/165°F, as size may vary.